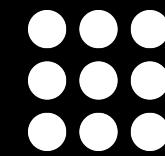
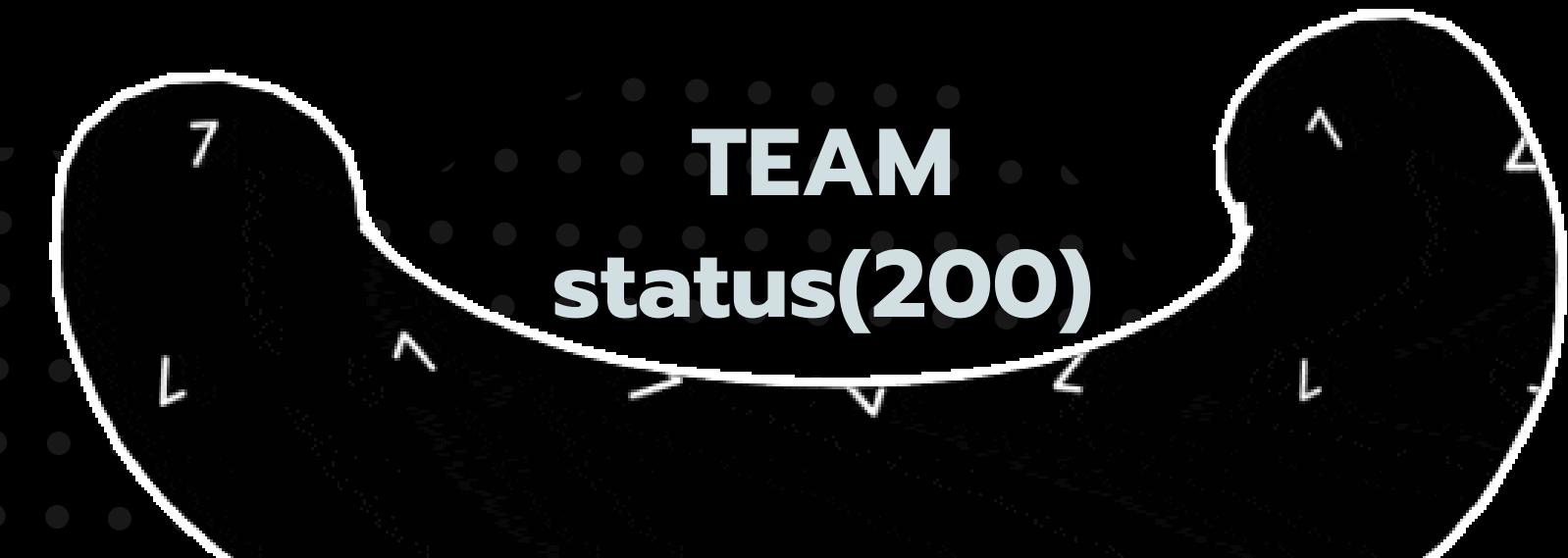
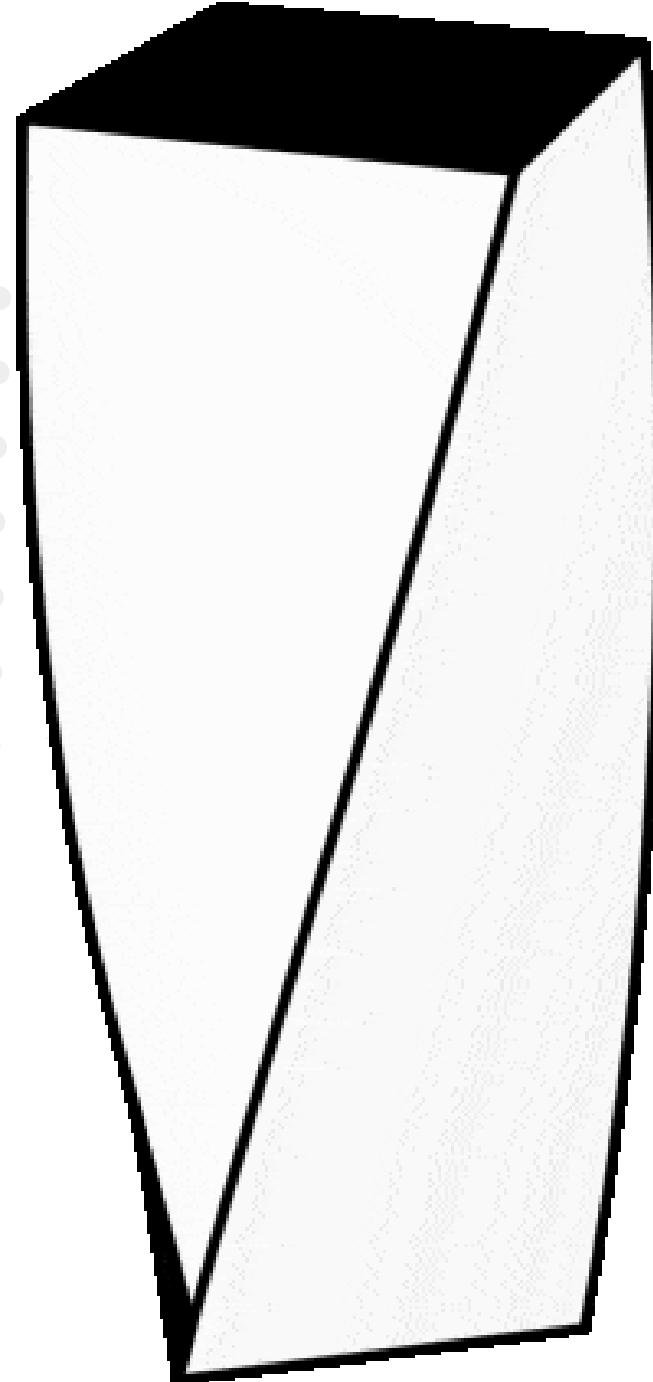


COMFORT

connect

HEALTHY MIND HAPPY LIFE: YOUR POCKET THERAPIST

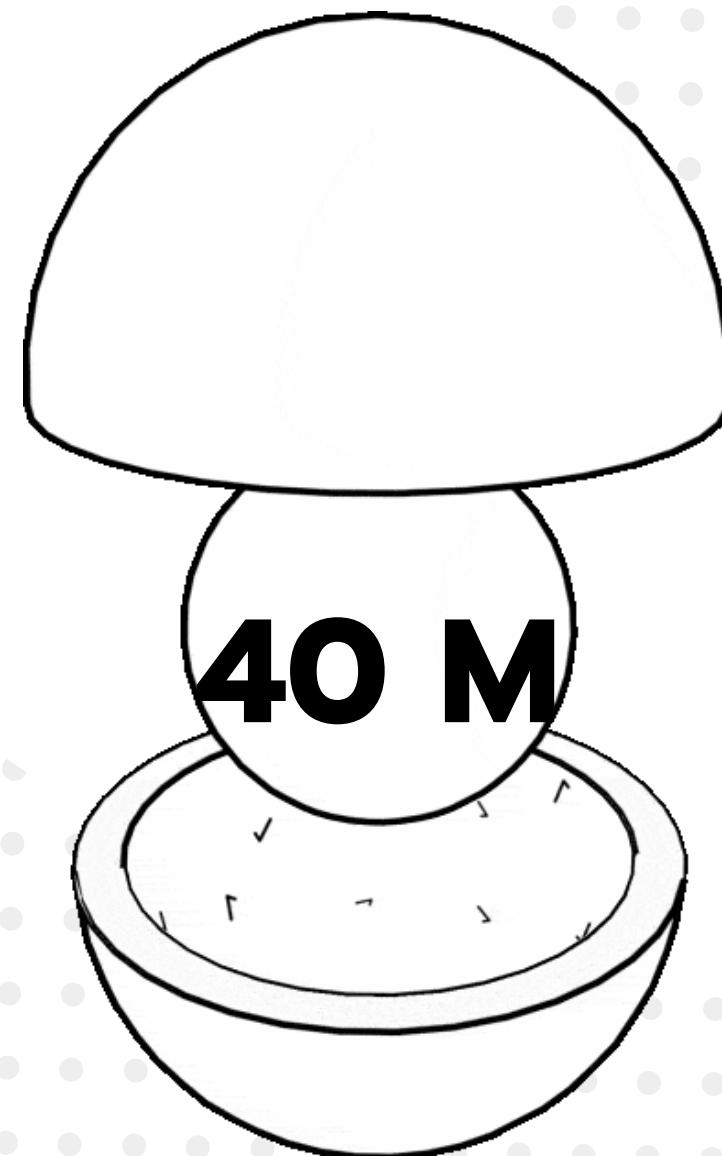




WHAT WE ARE DOING?

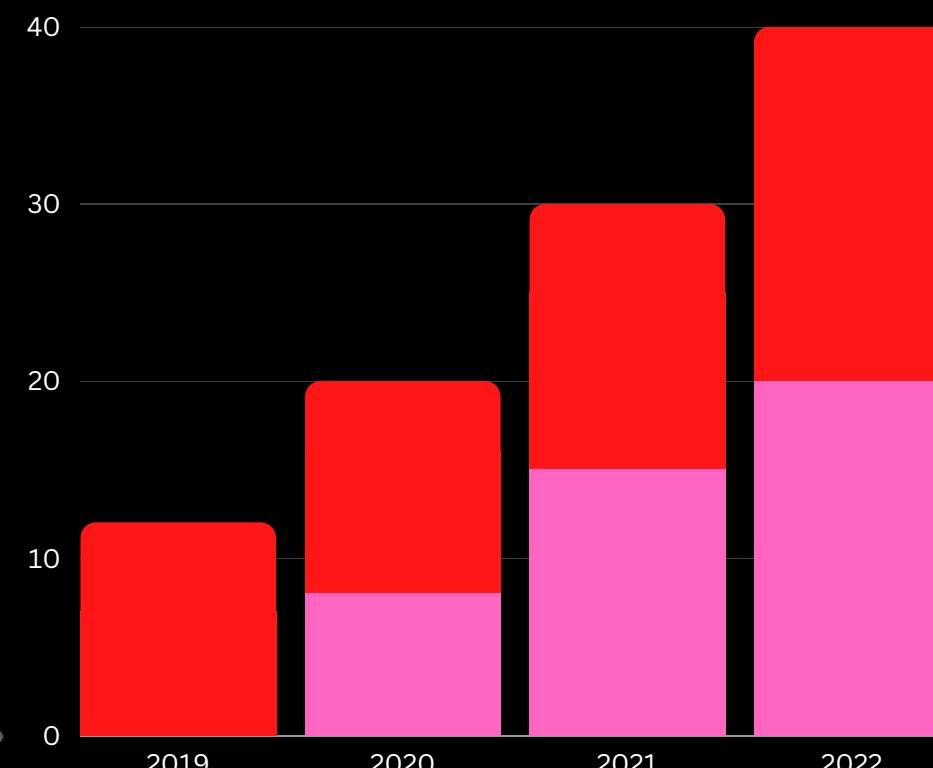
- 1. Our solution addresses the issue of limited access to mental health services and social stigma around seeking help by providing a comprehensive and accessible voice-based platform for mental health support.
- 2. Our solution includes a mood tracker to identify potential risk factors for suicide and a voice-only social media platform to provide community and support, addressing the major public health concern of suicide identified by the WHO, particularly among young people aged 15-29.
- 3. It is designed to provide accessible mental health support to all individuals regardless of their country or income level, helping to address global disparities in mental health resources.
- 4. Our solution addresses this issue by providing mental health support that is accessible through a variety of channels, including voice-only platforms that connect you with doctors and NGOs.

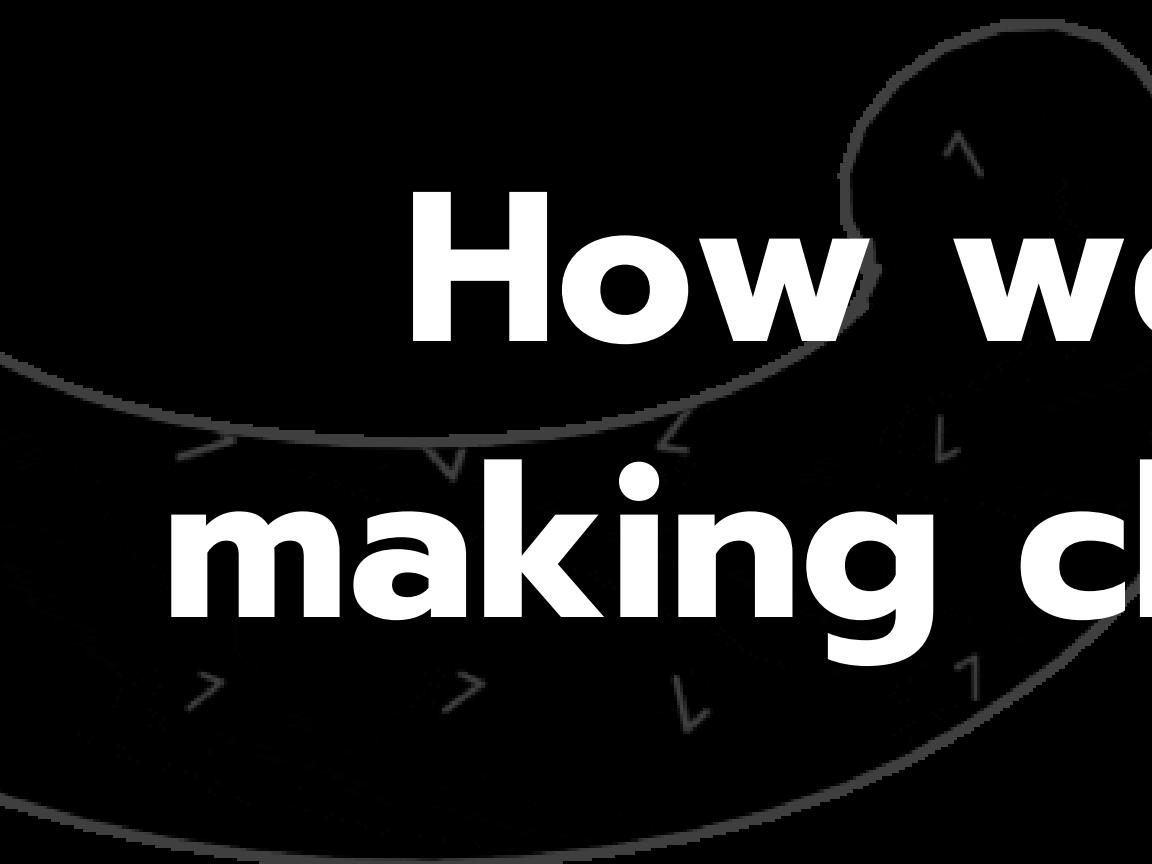
STATISTICS



People are suffering from depression

- Over 13,000 students died by suicide last year: NCRB Report 2021
- Student suicides have risen 27% over five years, NCRB data shows. In 2021, over 1,600 suicides had “failure in examination” as reason.
- Depression Far Too Common Among Tech Pros: Survey





How we are making change!

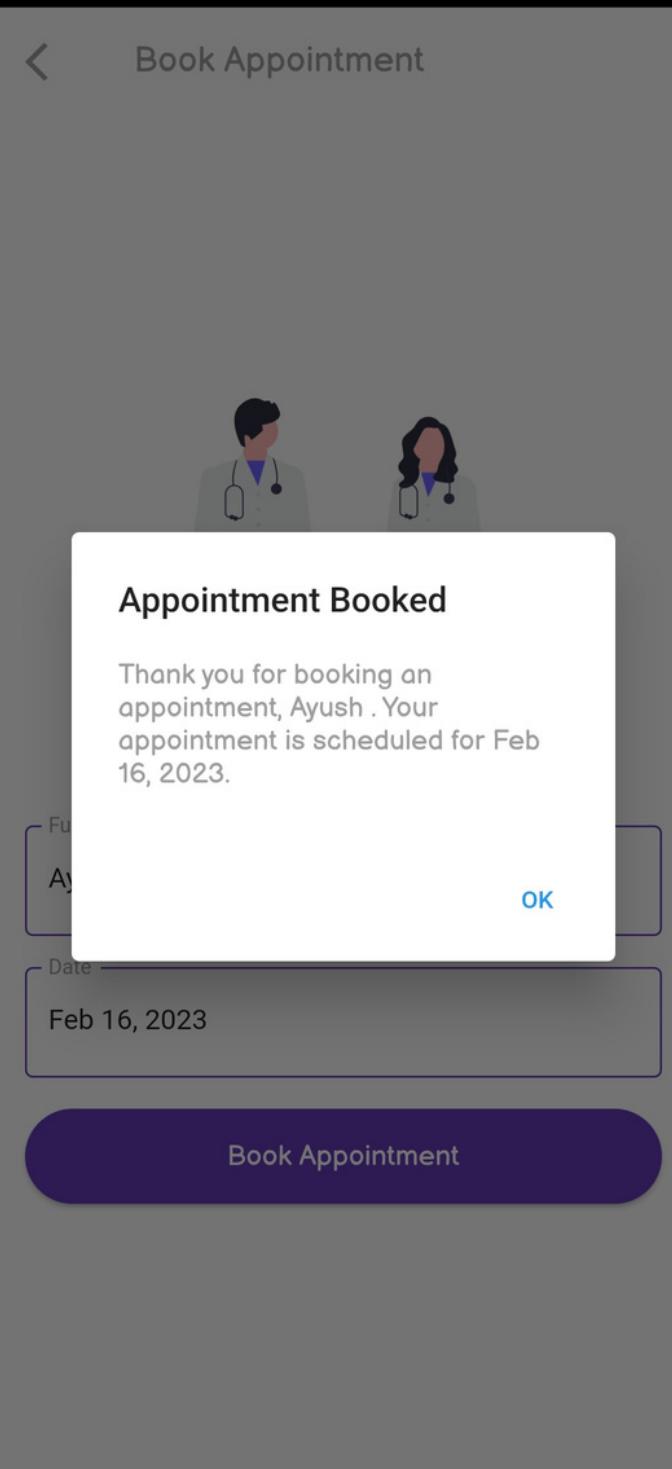
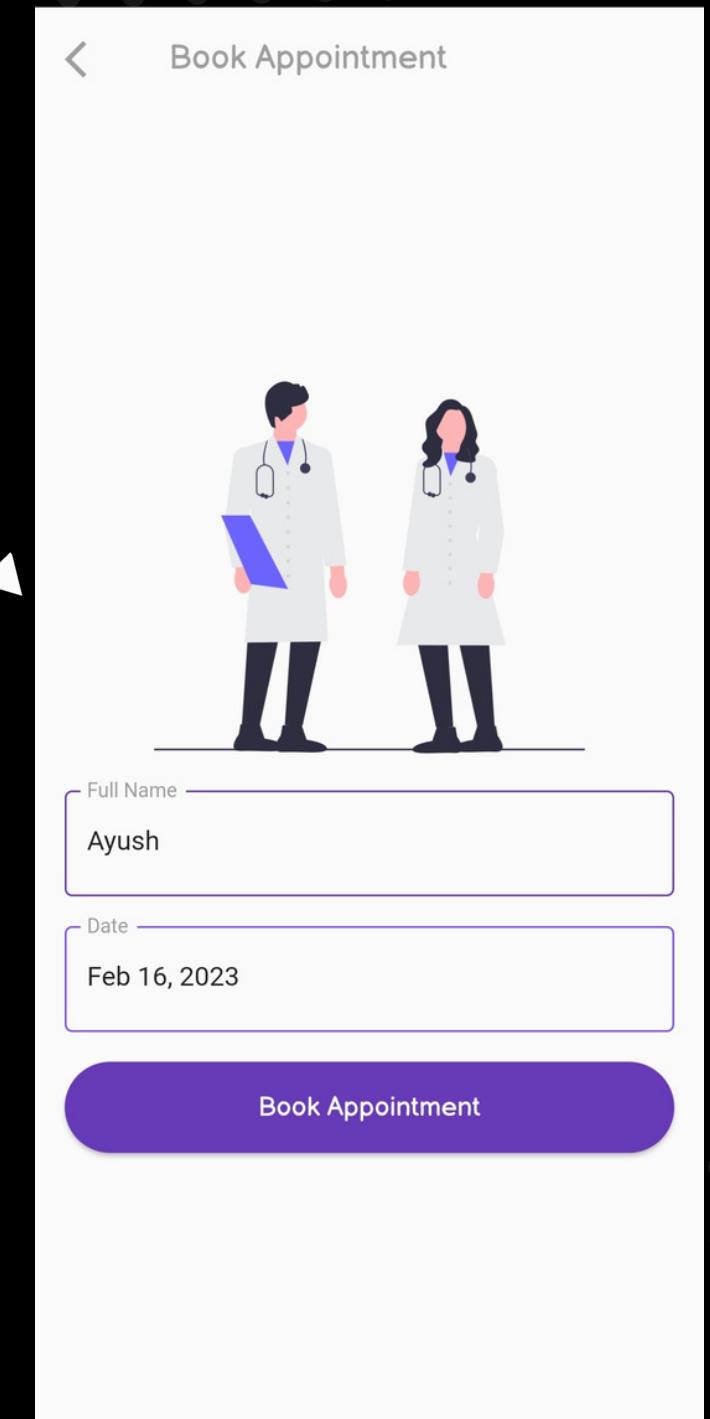
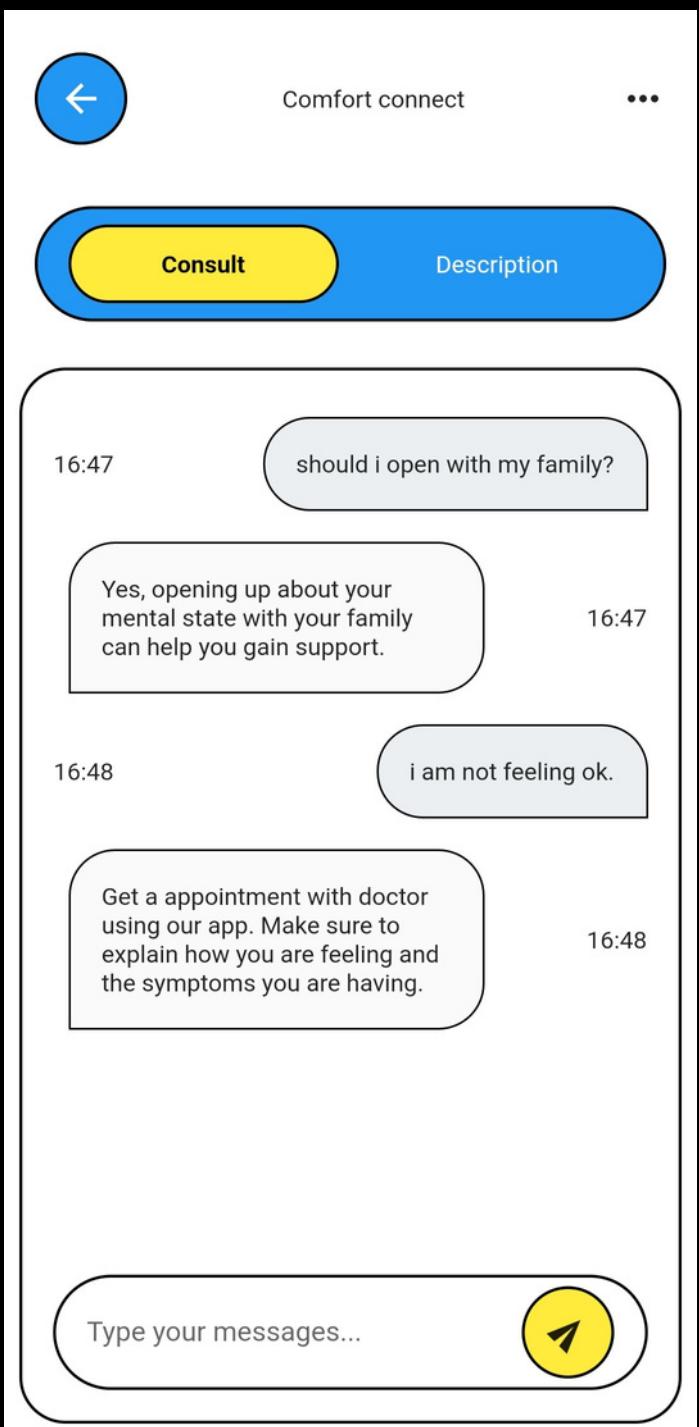
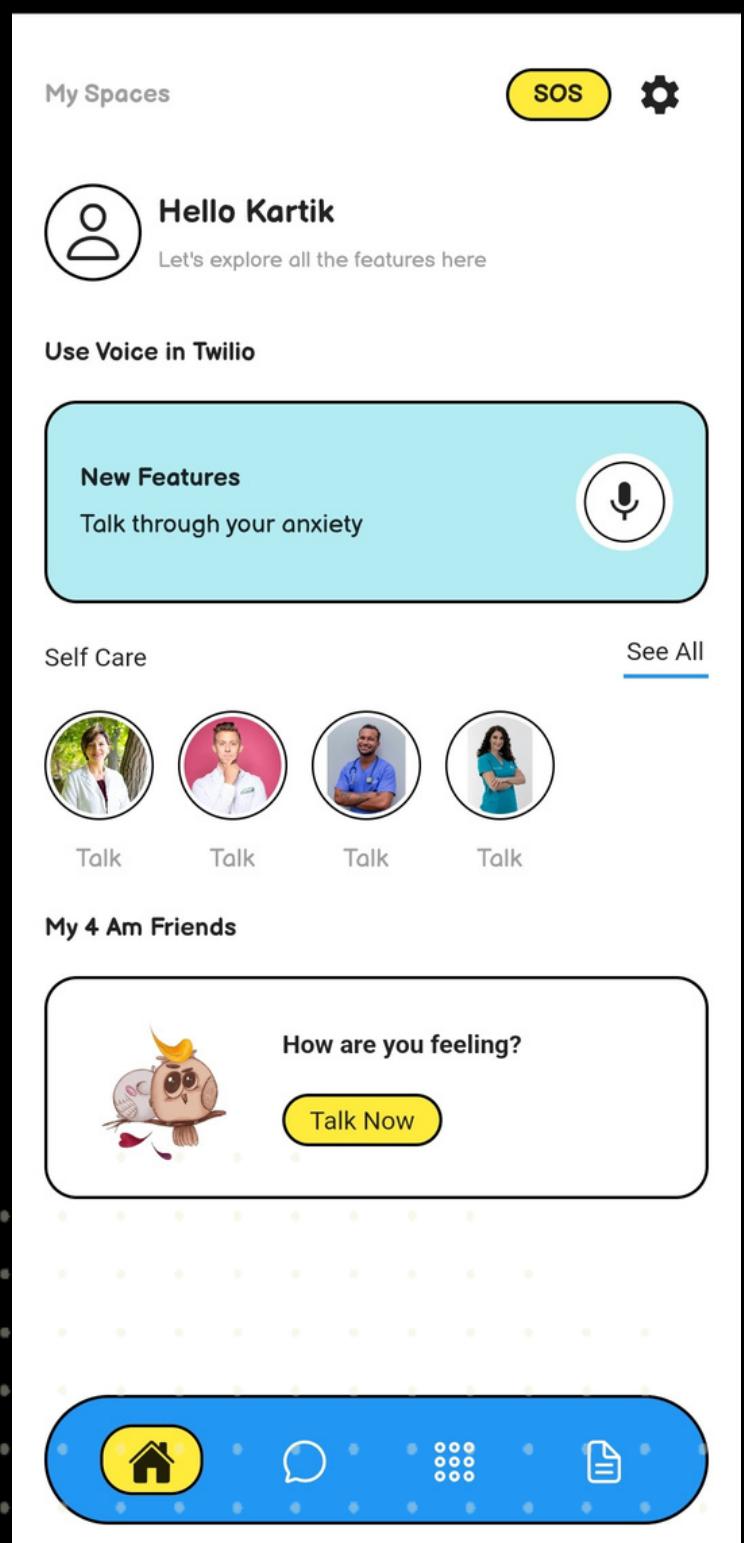
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Expanding
accessibility

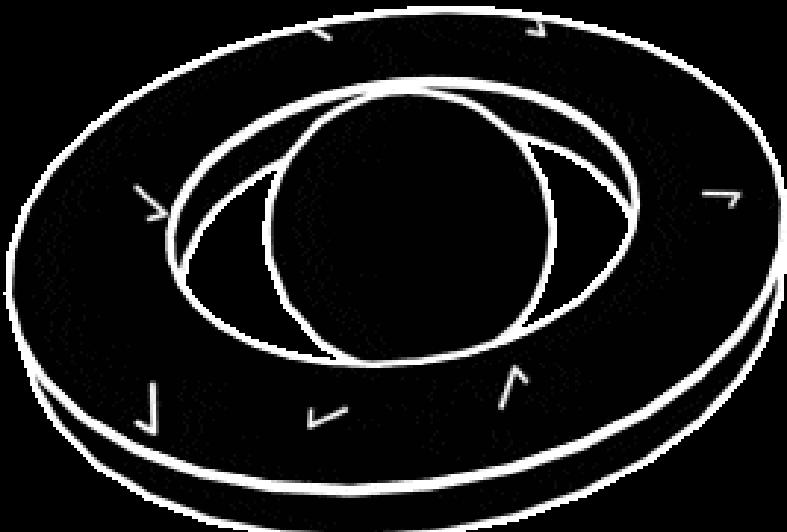
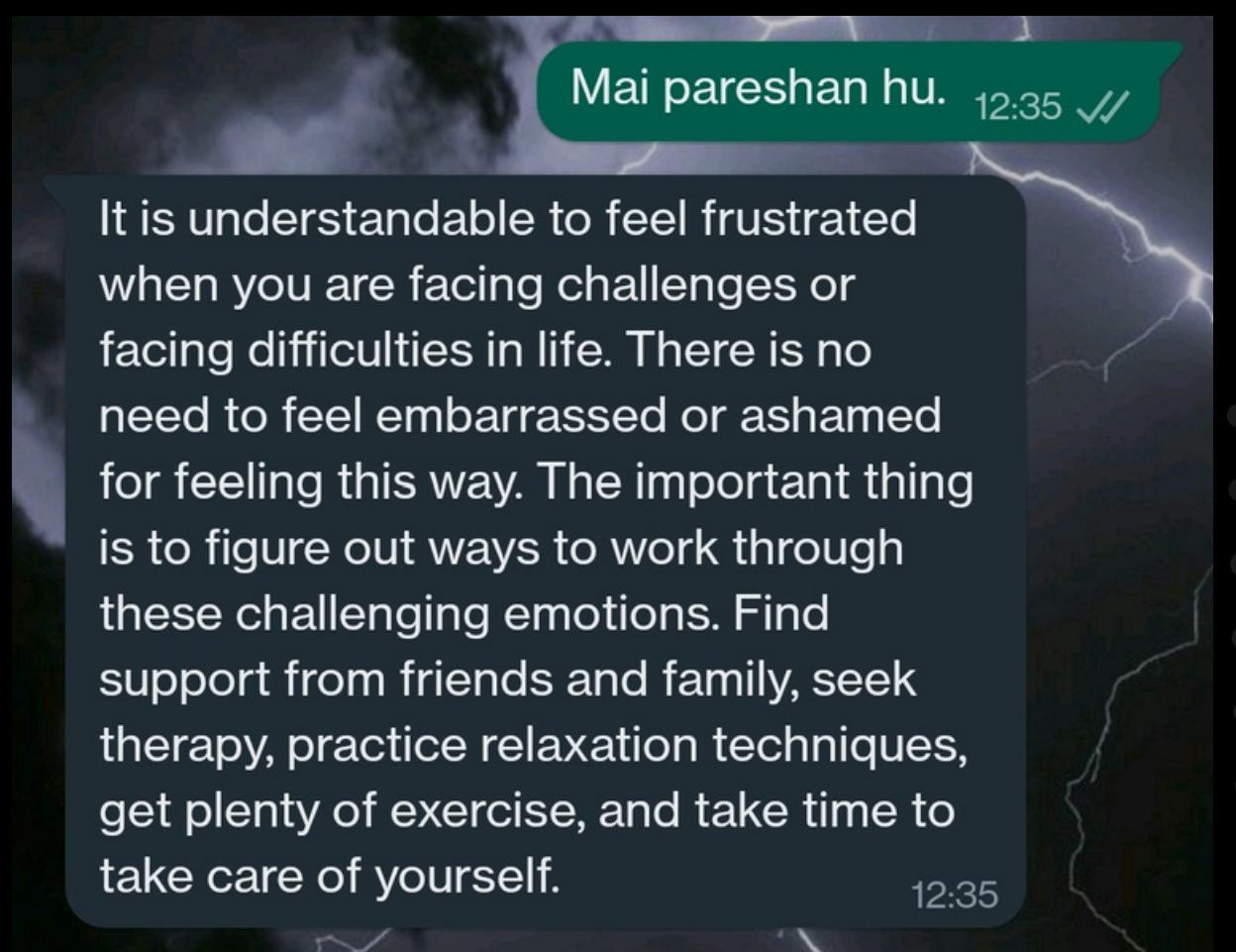
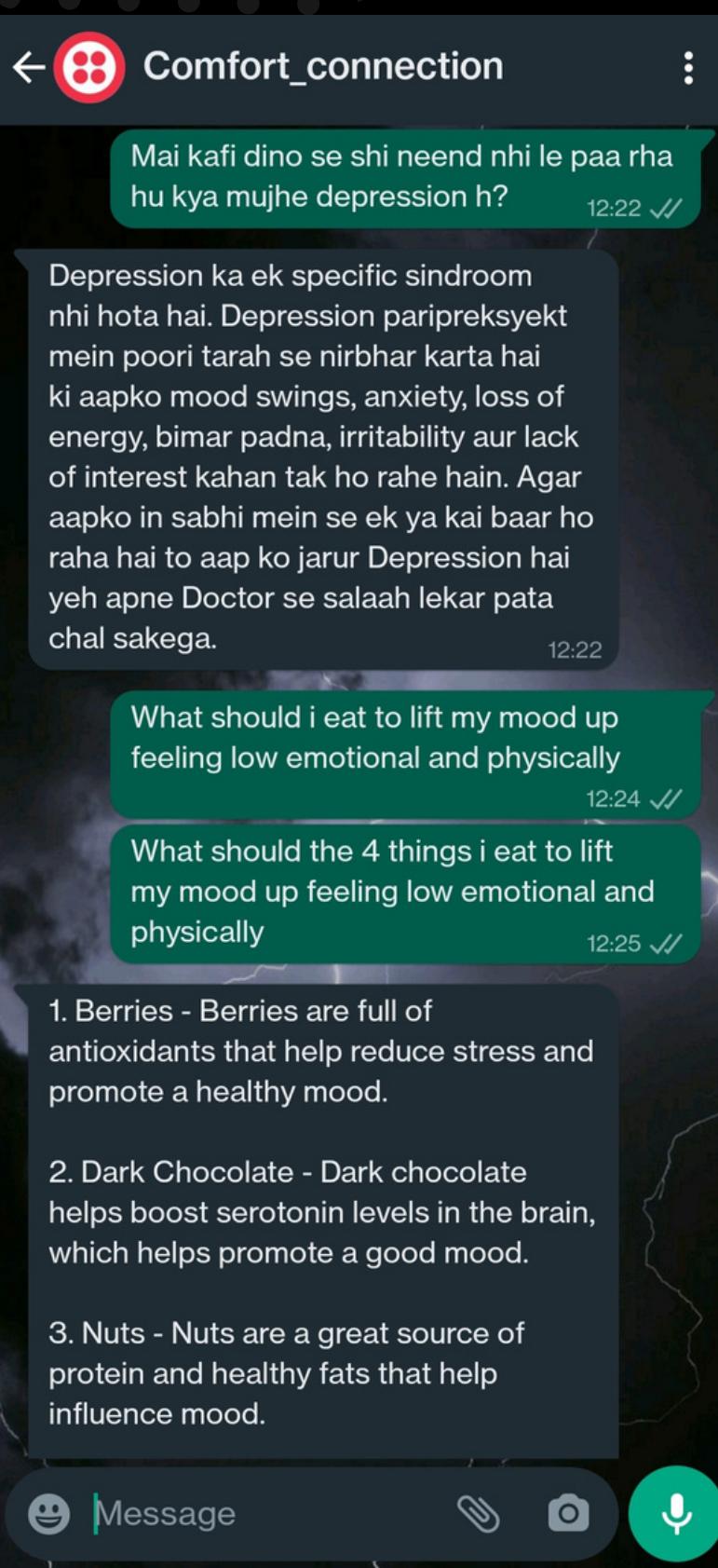
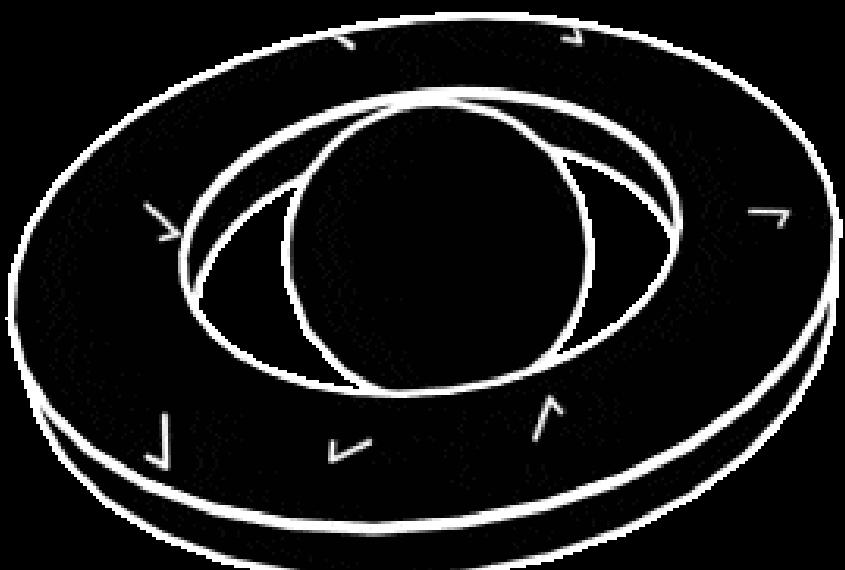
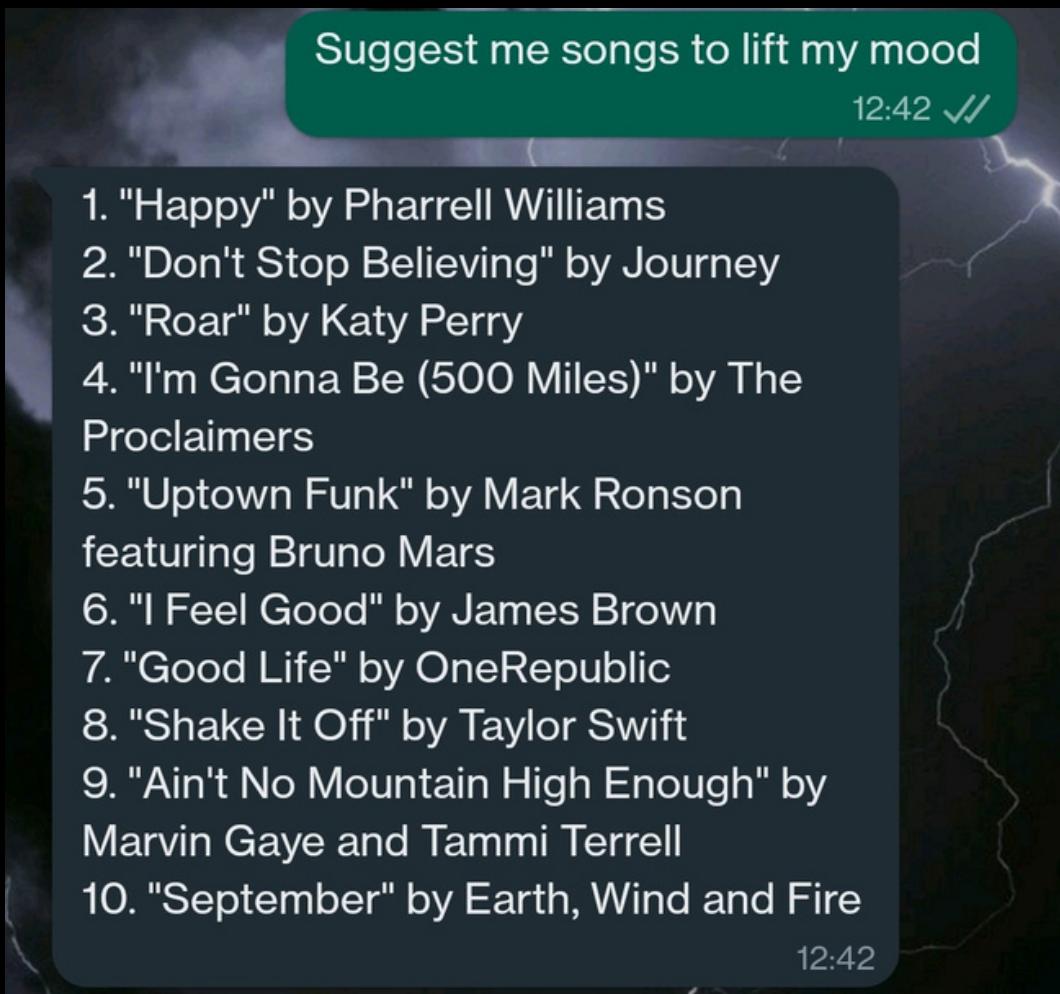
2

Credibility
and Confidentiality

App Preview



Your Assistance On Your Social Media



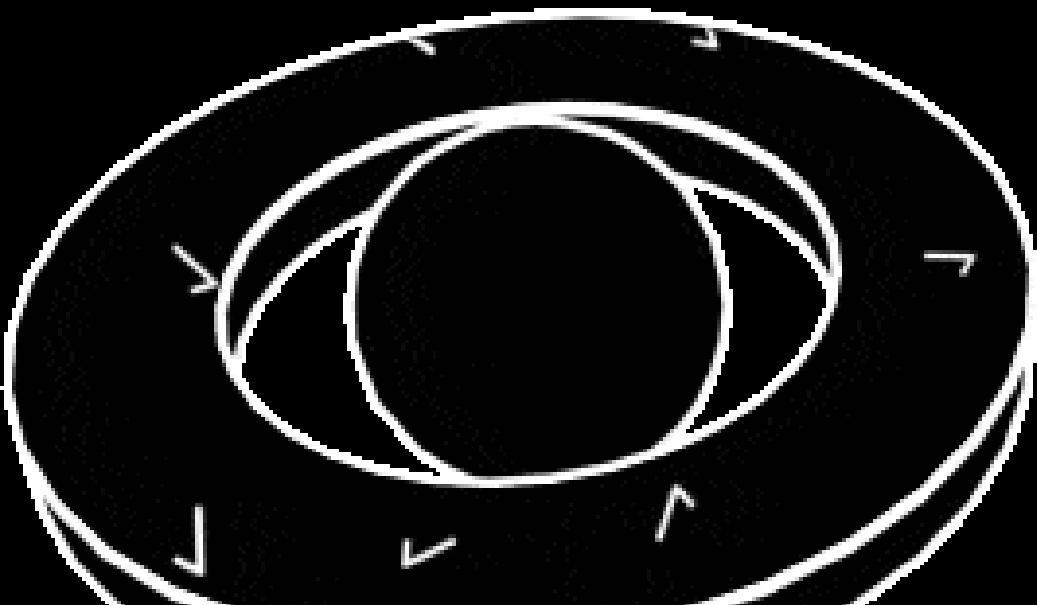
Mood Tracker

✧ Alexa Skill ✧

ARE YOU FEELING GLOOMY

Mood tracker

Welcome to the Mood tracker
Valid responses to questions are zero, one, two, or three. If you need help, say, help. Let's begin the questionnaire. Over the last, 2 weeks, how often have you been bothered by any of the following problems? Question 1. Little interest or pleasure in doing things. 0 . Not at all. 1 . Several days. 2 . More than half the days. 3 . Nearly every day.



ARE YOU FEELING GLOOMY

Mood tracker

Your response is Nearly every day. Question 9. Thoughts that you would be better off dead or of hurting yourself in some way.
0 . Not at all. 1 . Several days.
2 . More than half the days. 3 .
Nearly every day.

ARE YOU FEELING GLOOMY

Mood tracker

Your response was Nearly every day. Your score is 27! According to the PHQ, your results are: Severe-major depressive disorders. Warrants treatment with antidepressant or a combination of antidepressants and psychotherapy. Provider may wish to contact a mental health provider for consultation or referral. Please Note: Since the questionnaire relies on patient self-report, all responses should be verified by the clinician and a definitive diagnosis is made on clinical grounds taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient.



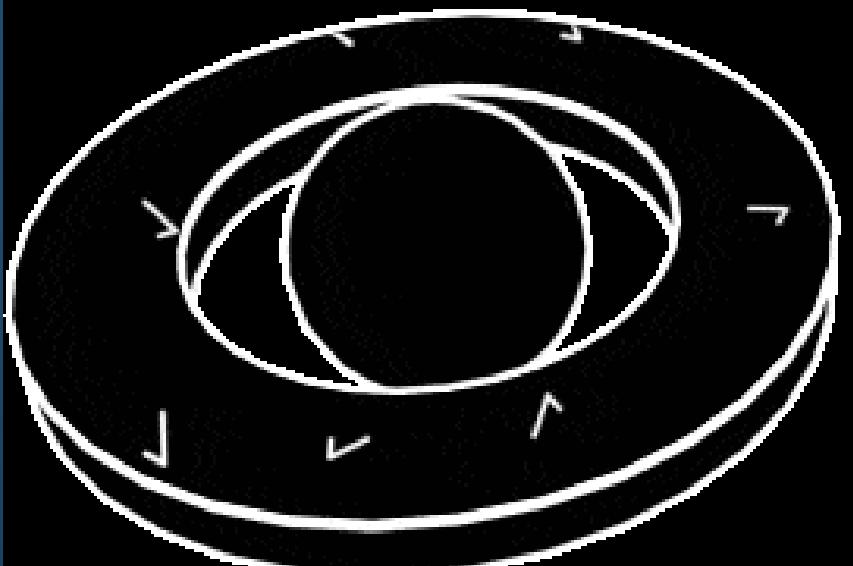
Some More Amazon Skills

FAMILY JOURNAL

FAMILY JOURNAL

Ayush Singh posted a minute ago

I am quite sad because hackathon is going to end soon. But the experience I will gain is immense.

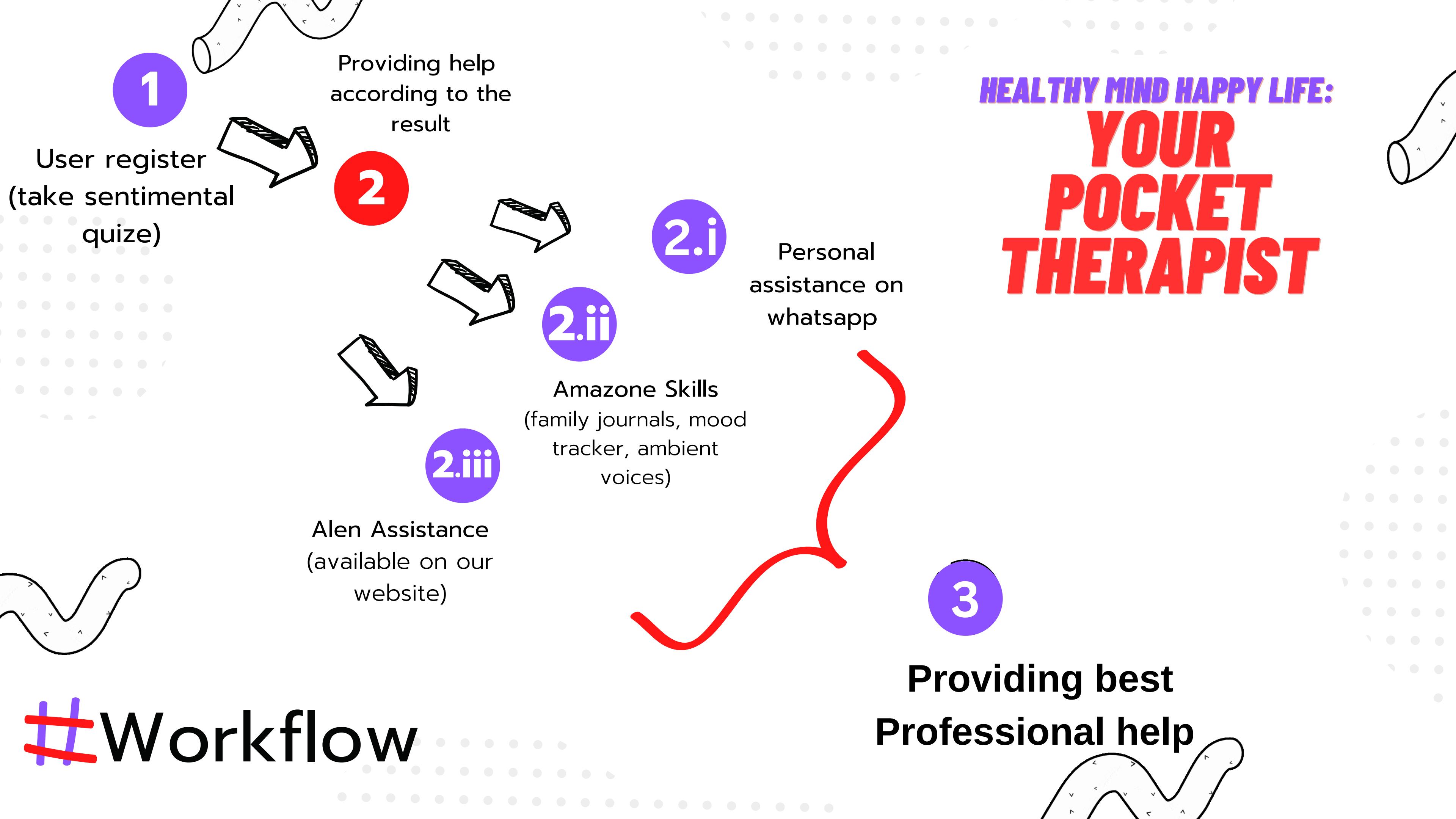


AMBIENT NOISE

AMBIENT NOISE

Alexa, ask Ambient Noise to play...

Thunderstorm, Rain, Ocean, Babbling Brook, Fireplace, Airplane, Fan, Oscillating Fan, City, Rainforest, Train, Crickets, Frogs, Bird, Clock, Cat, Vacuum, Pink Noise, Brown Noise, White Noise, Wind, Windy Leaves, Windy Trees, Rain on a Tin Roof, Rain on a Tent, Light Rain, Rain on a Window, Distant Thunderstorm, Shower, Space Deck, Hair Dryer, Clothes Dryer,



HEALTHY MIND HAPPY LIFE: YOUR POCKET THERAPIST



3 Providing best Professional help

~~#~~ Workflow

Target Fields

- 1 Schools and organizations
- 2 Therapist and NGOs

